

ANSWERS FOR AGING

November, 2018

LIMESTONE COUNTY COUNCIL ON AGING

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SenioRx

Spending too much on prescriptions???

Senior Rx helps seniors lower their monthly drug bill through free or reduced cost medications. Carla Sims, SenioRx Coordinator for Limestone county just finished up her 1st fiscal year. The fiscal year begins in October and ends at the end of September. During this time Carla saved seniors of Limestone County **\$457,500.00** in medication bills. To qualify for Senior Rx you must meet the following criteria: Be 55 years or older or a disabled individual of any age in 24 month Medicare waiting period or doctor declared individual disabled, Limestone County Resident, Meet income criteria, Have No Prescription Drug Insurance, Take medications daily for chronic condition. Call Carla today if you think you qualify, 256-233-6412.

Thankful for our Veterans

“We often take for granted the very things that most deserve our gratitude.”

Thank you to all who served!!!



Seniors Helping Seniors



With this month being Thanksgiving, we wanted some of our co-workers to know just how thankful for them and all they do! The four people that were interviewed are all senior citizens who work for Limestone County Council on Aging and give back to senior citizens every day!!

Amelia Owen has been working at the Limestone County Council on Aging for almost 3 years and she is 65 years young. She said when she applied for this job as a bus driver it was simply because she needed a job and thought she would like the benefits, holidays, and hours like anyone else would. But she also wanted a job she would make a difference in. Amelia says her favorite thing about this job is interacting with our seniors. Taking our seniors on field trips are also one of her favorite things to do!

Patsy Appleton has only been working with the Limestone County Council on Aging for a few weeks. Patsy said after retiring she became inactive and knew she needed and wanted to get out of her house more. She seen an ad for a driver position and immediately knew she wanted to apply. She said by the end of her first day she knew the job description was fun! Patsy has previously worked in stressful jobs and says now she has no stress at all. She explains she loves talking to all the clients, laughing with them, and just having fun with them.

William “Bill” Lindsey has been working with the Council on Aging for 2 months and he is 66 years young. Bill stated he applied for this job because it gives him a way to help others and be productive. He said his favorite thing about his job was the people and the mission is so sincere and caring. Our only purpose is to serve the elderly and infirm which is a great blessing.

Bill Peevy, 68 years young, has worked at the Limestone County Council on aging for 2 years. When Bill moved to Athens from South Alabama he and his wife learned about the Meals on Wheels service we offer. They decided they wanted to give back to the community and began volunteering. He said it was such a blessing to serve the senior citizens. When a bus driver job became available he decided to apply! Bill says the best thing about working at the Council on Aging is knowing what he does makes a big difference in the lives of seniors in Limestone County. He also enjoys his coworkers and supervisors because they care for all the seniors also!

Letter from the Editor:

By: Madison Curnutt

Every year I look forward to November. This is a time I truly look and study what all I am thankful for. Please do not get me wrong I am always thankful, but I just reflect more in November. This year is a little different, like always I am thankful for my family, friends, job, home, etc. But this year I am realizing just how thankful I am for those who serve or have served in the military. Like any other good citizen, I have always been so thankful for our military however I have never had a close family member to be on active duty. My little cousin who is more like a brother to me is in his first year in the Army. This is the first time in 18 years he will not be at the table with our family for Thanksgiving. He will be in Virginia with his Army family. I never understood how hard it was not having a family member at the holidays when they are off in another state. My family has always been close, so everyone has always been there. This year I realize how thankful I am to all those who have and are serving our country so that we can have the freedom we do. So, with that being said, if you have served in ANY branch of the military.... THANK YOU!!!!!!





Nutrition Center

Athens	256-233-6412
East Limestone	256-230-2829
Elkmont	256-732-4777
Owens	256-230-2753
Tanner	256-230-6400

Activity Centers

Ardmore	256-423-2099
Goodsprings	256-232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals, Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging’s program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality, and the ability to enrich the quality of life for themselves and others. Working closely with The Limestone County Commission, Tarcog, The City of Athens, the Area Agency on Aging, and other local agencies, the COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

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| Transportation | SHIP/Medicare Part D |
| Nutrition Centers | SeniorX program |
| Meals-on-Wheels | Legal assistance |
| In-home services | Volunteer Opportunities |

A Medigap policy is standardized supplemental health insurance that pays for part or all of the Original Medicare cost-sharing gaps that you owe. You may hear Medigaps referred to as Medicare supplements or supplemental health insurance. The costs that Medigaps cover include deductibles, coinsurance amounts, and copays. For example, a Medigap pays for your Part B coinsurance charges, meaning that it will pay for the 20% coinsurance you normally owe when you receive Medicare-covered physicians’ services. It is important to know that Medigap policies only work with Original Medicare Parts A and B. If you get your Medicare benefits from a private Medicare plan, known as a Medicare Advantage Plan, you cannot purchase a Medigap. Medigaps only pay for Original Medicare cost-sharing gaps. In fact, if you already have a Medicare Advantage Plan, it is illegal for anyone to sell you a Medigap policy unless you are switching back to Original Medicare. Contact your Senior Medicare Patrol – called “SMP” – if you experience suspicious of Medigap sales practices.



Upcoming Events

Council on Aging and all seven senior centers will be closed on the following dates:

Nov. 12th for Veterans Day

Nov. 23rd for Thanksgiving

Like COA Facebook page for announcements

<https://www.facebook.com/LimestoneCountyCouncilOnAging/?fref=ts>